

**Full Report (All Nutrients) 03052, Babyfood, dinner, beef stew, toddler**

Report Date:October 27, 2015 12:14 EDT

Nutrient values and weights are for edible portion.

**Food Group : Baby Foods****Carbohydrate Factor: 3.9 Fat Factor: 8.9 Protein Factor:3.7 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g	1 jar Beech-Nut Table Time (6 oz) 170g
<b>Proximates</b>							
Water	g	86.90	7	0.600	24.64	147.73	147.73
Energy	kcal	51	--	--	14	87	87
Energy	kJ	213	--	--	60	362	362
Protein	g	5.10	3	0.500	1.45	8.67	8.67
Total lipid (fat)	g	1.20	7	0.100	0.34	2.04	2.04
Ash	g	1.40	3	0.000	0.40	2.38	2.38
Carbohydrate, by difference	g	5.50	--	--	1.56	9.35	9.35
Fiber, total dietary	g	1.1	--	--	0.3	1.9	1.9
Sugars, total	g	1.39	--	--	0.39	2.36	2.36
<b>Minerals</b>							
Calcium, Ca	mg	9	3	0.000	3	15	15
Iron, Fe	mg	0.72	3	0.030	0.20	1.22	1.22
Magnesium, Mg	mg	11	1	--	3	19	19
Phosphorus, P	mg	44	1	--	12	75	75
Potassium, K	mg	142	1	--	40	241	241
Sodium, Na	mg	106	--	--	30	180	180
Zinc, Zn	mg	0.87	1	--	0.25	1.48	1.48
Copper, Cu	mg	0.072	--	--	0.020	0.122	0.122
Selenium, Se	µg	4.5	--	--	1.3	7.6	7.6
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	3.0	3	0.200	0.9	5.1	5.1
Thiamin	mg	0.014	3	0.000	0.004	0.024	0.024
Riboflavin	mg	0.065	3	0.000	0.018	0.110	0.110

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Niacin	mg	1.313	3	0.014	0.372	2.232	2.232
Vitamin B-6	mg	0.074	3	0.000	0.021	0.126	0.126
Folate, total	μg	6	--	--	2	10	10
Folic acid	μg	0	--	--	0	0	0
Folate, food	μg	6	--	--	2	10	10
Folate, DFE	μg	6	--	--	2	10	10
Choline, total	mg	16.5	--	--	4.7	28.0	28.0
Vitamin B-12	μg	0.51	--	--	0.14	0.87	0.87
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	μg	82	--	--	23	139	139
Retinol	μg	0	--	--	0	0	0
Carotene, beta	μg	816	--	--	231	1387	1387
Carotene, alpha	μg	346	--	--	98	588	588
Cryptoxanthin, beta	μg	0	--	--	0	0	0
Vitamin A, IU	IU	1649	--	--	467	2803	2803
Lycopene	μg	2575	--	--	730	4378	4378
Lutein + zeaxanthin	μg	26	--	--	7	44	44
Vitamin E (alpha-tocopherol)	mg	0.50	--	--	0.14	0.85	0.85
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	μg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	1	--	--	0	2	2
Vitamin K (phylloquinone)	μg	2.5	--	--	0.7	4.2	4.2
<b>Lipids</b>							
Fatty acids, total saturated	g	0.580	4	0.050	0.164	0.986	0.986
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	3	--	0.000	0.000	0.000
12:0	g	0.000	4	--	0.000	0.000	0.000
14:0	g	0.030	4	0.000	0.009	0.051	0.051
16:0	g	0.280	4	0.020	0.079	0.476	0.476
18:0	g	0.220	4	0.020	0.062	0.374	0.374

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g	1 jar Beech-Nut Table Time (6 oz) 170g
Fatty acids, total monounsaturated	g	0.440	4	0.050	0.125	0.748	0.748
16:1 undifferentiated	g	0.030	4	0.000	0.009	0.051	0.051
18:1 undifferentiated	g	0.400	4	0.020	0.113	0.680	0.680
20:1	g	0.000	4	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.100	4	--	0.028	0.170	0.170
18:2 undifferentiated	g	0.090	4	0.000	0.026	0.153	0.153
18:3 undifferentiated	g	0.010	4	0.000	0.003	0.017	0.017
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.010	4	--	0.003	0.017	0.017
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	13	3	0.840	4	22	22
<b>Amino Acids</b>							
Tryptophan	g	0.053	--	--	0.015	0.090	0.090
Threonine	g	0.210	--	--	0.060	0.357	0.357
Isoleucine	g	0.246	--	--	0.070	0.418	0.418
Leucine	g	0.388	--	--	0.110	0.660	0.660
Lysine	g	0.394	--	--	0.112	0.670	0.670
Methionine	g	0.142	--	--	0.040	0.241	0.241
Cystine	g	0.053	--	--	0.015	0.090	0.090
Phenylalanine	g	0.201	--	--	0.057	0.342	0.342
Tyrosine	g	0.159	--	--	0.045	0.270	0.270
Valine	g	0.272	--	--	0.077	0.462	0.462
Arginine	g	0.353	--	--	0.100	0.600	0.600
Histidine	g	0.128	--	--	0.036	0.218	0.218
Alanine	g	0.332	--	--	0.094	0.564	0.564
Aspartic acid	g	0.485	--	--	0.137	0.824	0.824
Glutamic acid	g	0.823	--	--	0.233	1.399	1.399
Glycine	g	0.351	--	--	0.100	0.597	0.597
Proline	g	0.321	--	--	0.091	0.546	0.546
Serine	g	0.192	--	--	0.054	0.326	0.326

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<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

<sup>1</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption., 2004 J. Nutr. 134 pp.613-617